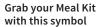
# Indian Coconut Chicken Curry

with Garlic Rice & Yoghurt

















Carrot

Basmati Rice

Cauliflower





Chicken Breast



Mumbai Spice





Coconut Milk



Tomato Paste

Baby Spinach Leaves



Coriander



Hands-on: 30-40 mins Ready in: 35-45 mins

Eat Me Early

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together fast for a mouth-watering meal that the troops will love!



Olive Oil, Butter, Soy Sauce

Before you start Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

#### Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
butter*	40g	80g		
basmati rice	1 packet	1 packet		
water* (for the rice)	1½ cups	3 cups		
salt*	1/4 tsp	½ tsp		
cauliflower	1 portion (200g)	1 portion (400g)		
carrot	1	2		
chicken breast	1 packet	1 packet		
Greek-style yoghurt	½ medium packet	1 medium packet		
Mumbai spice blend	1 sachet	2 sachets		
tomato paste	½ packet	1 packet		
coconut milk	1 tin (165ml)	1 tin (400ml)		
water* (for the curry)	½ cup	1 cup		
soy sauce*	1 tsp	2 tsp		
baby spinach leaves	1 packet (30g)	1 packet (60g)		
coriander	1 bag	1 bag		
chicken breast**	1 packet	1 packet		
*Pantry Items ** Cust	*Pantry Items **Custom Recipe Ingredient			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3563kJ (852Cal)	603kJ (144Cal)
Protein (g)	45.4g	7.7g
Fat, total (g)	38.5g	6.5g
- saturated (g)	24.7g	4.2g
Carbohydrate (g)	79g	13.4g
- sugars (g)	10.4g	1.8g
Sodium (mg)	954mg	161mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4340kJ (1037Cal)	<b>574kJ</b> (137Cal)
Protein (g)	78.1g	10.3g
Fat, total (g)	44.2g	5.8g
- saturated (g)	26.4g	3.5g
Carbohydrate (g)	79.8g	10.6g
- sugars (g)	11g	1.5g
Sodium (mg)	1085mg	144mg

The quantities provided above are averages only.

#### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW07



# Cook the garlic rice

Preheat the oven to 240°C/220°C fan-forced. Finely chop the garlic. In a medium saucepan, melt 1/2 the butter with a dash of olive oil over a medium heat. Cook 1/2 the garlic until fragrant, 1-2 minutes. Add the basmati rice, water (for the rice) and the salt and bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from the heat and keep covered until the rice is tender and the water is absorbed. 10 minutes.



# Roast the veggies

While the rice is cooking, cut the cauliflower into small florets. Slice the **carrot** into thick rounds. Place the **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and pepper. Toss to coat, spread out evenly, then roast until tender, 15-20 minutes.



# Get prepped

While the veggies are roasting, cut the **chicken breast** into 2cm strips. Heat a large frying pan over a medium-high heat with a drizzle of olive oil. Cook the remaining garlic until fragrant, 1 minute. Transfer the garlic oil mixture to a small bowl, then add the Greek-style yoghurt (see ingredients) and stir to combine. Set aside.



#### Cook the chicken

Return the frying pan to a high heat with a drizzle of olive oil. When the oil is hot, cook the chicken. tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.

#### **CUSTOM RECIPE**

If you've ordered double the chicken, cook the chicken in batches for the best results.



# Cook the curry

Return the frying pan to a medium heat with a drizzle of olive oil. Cook the Mumbai spice blend and tomato paste (see ingredients) until fragrant, 1 minute. Add the coconut milk, water (for the curry) and the soy sauce, then return the chicken to the pan and cook until slightly reduced, **3-4 minutes**. Remove from the heat, then add the baby spinach leaves, roasted veggies and remaining **butter**. Stir to combine and season to taste.



### Serve up

Roughly chop the **coriander**. Divide the garlic rice between bowls. Top with the Indian coconut chicken curry and garlic yoghurt. Garnish with the coriander to serve.

### Enjoy!